

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work."



Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."

—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

Such annoying symptoms as heat flashes, nervousness, backache, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

Profiteering.

"These pies are stale."

"So they are, but we can't afford to throw them away."

"What would you suggest?"

"Put 'em down on the bill of fare as liberty pies. That will make a patron think twice before starting to bellow."

—Birmingham Age-Herald.

The Idea.

"How are the charges from war balloons fired?"

"I suppose from the parachutes."

Influenza and kindred diseases start with a cold.

Don't trifle with it.

At the first shiver or sneeze, take

HILL'S CASCARA QUININE

Standard cold remedy for 25 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a red top with Mr. Hill's picture. At All Drug Stores.

Dr. Pierce's Pleasant Pellets put an end to sick and bilious headaches, constipation, flatness and indigestion. "Clean house." Adv.

In Society.

"My husband moves among the best families here."

"That so?"

"Yes, he's the leading furniture mover of the town."

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn or headache you can get instant relief.

No waiting! Pape's Diapepsin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Good Hearted.

"He is very generous; he is always giving away cigars." "Yes; he seems to have a tobacco heart."

United States keeps a three-months supply of army food in France.

WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to creak a little at the hinges. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unwelcome thought. Certain bodily functions upon which good health and good spirits so much depend, are impaired. Unpleasant symptoms show themselves. Painful and annoying complications in other organs arise. This is particularly true with elderly people. If you only know how, this trouble can be obviated.

For over 200 years GOLD MEDAL Haaslem Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home remedy, and needs no introduction. It is now put up in odorless, tasteless capsules. These are easier and more pleasant to take than the oil in bottles.

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve

those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "brick dust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs.

GOLD MEDAL Haaslem Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the dangerous and fatal diseases of the kidneys. They have a beneficial effect, and often completely cure the diseases of the bodily organs, allied with the bladder and kidneys.

If you are troubled with soreness across the loins or with "simple" aches and pains in the back take warning; it may be the preliminary indications of some dreadful malady which can be warded off or cured if taken in time.

Go to your druggist today and get a box of GOLD MEDAL Haaslem Oil Capsules. Money refunded if they do not help you. Three sizes. GOLD MEDAL are the pure, original imported Haaslem Oil Capsules. Accept No Substitutes.—Adv.

WALTER BAKER & CO.

Limited DORCHESTER - MASS. Established 1780

KIDNEY TROUBLE OFTEN CAUSES SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for ailments of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases.

This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Doubling Up on Him.

"Hey! Come down, there—yer pinched! Wo d'ye think you are, anyhow? Barney Oldfield?"

"No, sir," replied the frightened motorist, "but I was—"

"Yes, I know. You was makin' 52 miles an hour. What d'ye mean?"

"Well, sir, I was arrested back there about two miles by that officer just going over the hill on that motorcycle. He said, 'Follow me, and hurry up,' and that's what I was doing when you got me."—Kansas City Star.

Catarh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarh. It is taken internally and acts through the blood on the mucous surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarh conditions. Druggists sell. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

The Real Article.

"I'm a very busy man, sir. What is your proposition?"

"I want to make you rich."

"Just so. Leave your recipe with me and I'll look it over later. Just now I'm engaged in closing up a little deal by which I expect to make \$3.50 in real money."—Brooklyn Citizen.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. H. H. Fletcher*

In Use Over 30 Years.

Children Cry for Fletcher's Castoria

Childlike Complaint.

Small Girl (sobbing)—Oh, mamma, I want some more pie and I'm so full that I can't crowd down another mouthful.

Dr. Pierce's Pleasant Pellets put an end to sick and bilious headaches, constipation, flatness and indigestion. "Clean house." Adv.

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The KITCHEN CABINET

There's never a cloud but will go away Nor a fog but the sun breaks through; There's sunshine somewhere every day—

Then let it shine on you; And keep on the sunny side of the street, And whatever happens, keep sweet, keep sweet.

GOOD EATING.

AVORY dishes will be found among the following which will help in food conservation:

Old-Fashioned Mashed Potatoes.—Wash, pare and cut in thin slices six potatoes. Melt two tablespoonsful of sweet fat, add a tablespoonful of chopped parsley, the potatoes and a cupful of boiling water. Cook until the potatoes are soft. Mash and add a cupful of milk, and two lightly beaten eggs, cook five minutes.

French Tapioca.—Cook one-half cupful of corn sirup and a cupful of water together five minutes. Add six apples cut in quarters and cook until soft. Pour a layer of cooked tapioca in a greased pudding dish, remove the apples from the sirup and arrange over the tapioca. Add a second layer of tapioca and bake until slightly browned. Add a few spoonfuls of jam to the sirup, cook a few minutes and pour over the pudding and serve.

Egg and Vegetable Dish.—Cut a cupful each of carrots and turnips in cubes, with three cupfuls of potatoes, likewise cut a half cupful of leeks in pieces, a small head of cauliflower, a cupful of green peas, five sprigs of parsley. Cook all together in as little water as possible. Pouch six eggs. Make a sauce, using the vegetable water (two cupfuls), a teaspoonful of salt, pepper and thyme to taste. Put the vegetables in the center of the platter and arrange the poached eggs around them. Pour the sauce over the vegetables and eggs. Use three tablespoonfuls of butter substitute with two tablespoonfuls of rice flour.

Rice and Cheese Souffle.—Melt two tablespoonfuls of fat; in it cook two tablespoonfuls of flour, a half teaspoonful of salt and one-fourth teaspoonful of paprika; add one cupful of milk and when boiling hot add one cupful of cooked rice, then beat in the yolks of three eggs, well beaten, and a half-cupful of grated cheese. Fold in the stiffly beaten whites of the eggs and bake in the oven in a buttered dish set in a pan of hot water. Finely minced ham may take the place of the cheese if desired.

Boost for every forward movement, Boost for every new improvement, Boost the man for whom you labor, Boost the stranger and the neighbor, Cease to be a chronic knocker, Cease to be a progress blocker, If you'd make your city better, Boost it to the final letter. —Detroit Free Press.

A FEW SANDWICHES FOR THE LUNCHBOX.

HE variety of sandwiches is bewildering, for each day new kinds are being brought to our notice, most of them good and fairly economical. The ham sandwich is a time-honored institution, but when bought at a counter, between two-story buns with no butter, they lose their attractiveness. It takes but a moment to make an unpalatable food into something most attractive, and when time is not at a premium there is little excuse for the food atrocities which are foisted upon a long-suffering public. If the ham is ground and mixed with but a tablespoonful or two of salad dressing one slice will be sufficient for three or four sandwiches. This is not only an economy in expense and food, but there will be none wasted, for it tastes so good that every scrap will be eaten.

Cold boiled tongue is another well-liked filling. Chop the tongue, add a little cream, melted butter and mustard; mix and spread on buttered bread. A fried egg sandwich is a most sustaining and popular one, but should never be eaten hurriedly, nor by one with a faulty digestion. Cheese sandwiches are equally nutritious, and when slowly and well masticated make a good food. A grated cheese filling is better for any who have trouble in digesting the cheese.

Nuts of various kinds, chopped or ground and moistened with cream, salted and red pepper for variety, are also good.

Chopped nuts and chopped celery is a good combination.

Sweet sandwiches, using jelly, jams and preserves on a little thick sliced bread than the ordinary sandwiches make another well-liked variety; especially do these appeal to the small people.

Sweet Nut Sandwich Filling.—Chop together one cupful of seedless raisins and one cupful of English walnuts; add one-half cupful of grated coconut, two tablespoonfuls of grated chocolate, and mix well together, then add sweet cream to moisten and spread on whole wheat bread.

Another sweet sandwich which

"tastes like more" is finely snipped marshmallows mixed with coarsely chopped pecans. Strew over lightly buttered bread. Flour the scissors when cutting the marshmallows and it will be easily done.

The wild hawk to the wind-swept sky, The deer to the wholesome wild, And the heart of a man to the heart of a maid.

As it was in days of old.

—Kipling.

SAVORY DISHES.

HERE the wild rabbit is found in abundance meat is an economical dish and may be served often with no feeling of limitation. The variations of seasoning will make a great variety in flavor, so that the dish will not become monotonous.

Rabbit With Vegetables.—Cut the rabbit in joints and brown in any sweet fat. Remove them to a kettle and add three small onions, a clove of garlic, one-half a bay leaf, one-eighth of a teaspoonful of thyme, a teaspoonful of salt, a fourth of pepper and two cupfuls of boiling water. Simmer until tender. Add a few potatoes and cook until they are done. Serve the rabbit on a platter with the vegetables around it as a garnish.

Codfish With Potatoes.—This may be a good way to use leftover fish. Cook a clove of chopped garlic and a tablespoonful of chopped parsley in three tablespoonfuls of olive oil for two minutes. Add a cupful of shredded codfish, two cupfuls of potatoes cut in cubes, a teaspoonful of paprika and boiling water to just cover. When the potatoes are cooked add milk and serve garnished with parsley.

Good-flavored cheese may be used to the last crumb even if very dry. A teaspoonful sprinkled over apple pie adds to its blandness, or if a cupful or more is at hand add a little hot cream, stirring until it is melted; add paprika, cayenne or canned peppers rubbed through a sieve for flavor. This will keep for some time and may be served as any cream cheese. It is especially good for sandwiches.

Molasses Cookies.—Take one-half cupful of corn oil, one cupful of molasses, one-half teaspoonful of salt, two teaspoonfuls of ginger, and three cupfuls of rye flour. Mix one teaspoonful of soda in the molasses and when all the ingredients are well blended set on ice to chill. Make in small balls with the floured hands. Bake 20 minutes in a moderate oven.

To keep our nation on the map Economize! Do not waste a single scrap. Economize! Be saving of the food and light As well as wood and anthracite, Economize.

THE FOOD VALUE OF NUTS.

IN THESE days of conservation of meats the food value of nuts is being recognized as most important. In certain localities nuts of different kinds are plentiful. If we learn to use and appreciate the kind which grow nearest, we will save the expense of shipping, an item worth our thought these days, for we need to conserve our shipping facilities as well as other things.

Various dishes using nuts will occur to the thinking housewife and many original and delicious dishes will result.

Just now is the season for the good old chestnut that we all like. Make them into soup, sandwich filling, as stuffing for vegetables as a main dish, or as salad or dessert, they are equally good in any.

Egg plant stuffed with chestnuts or peanuts is a most tasty dish. Boil the egg plant ten minutes, then halve it and scoop out the inside, leaving a wall a half-inch thick. Chop fine the part taken out and mix with bread crumbs, seasonings of various kinds and finely chopped cooked chestnuts or ground peanuts. Bake half an hour.

Chestnuts are appetizing if shelled and blanched, then cooked tender, added to brussels sprouts also cooked, using three-quarters of a pound of nuts to a quart of the sprouts, adding a tablespoonful of fat if chestnuts are used, as they lack fat. Stew for an hour at the simmering point.

Mashed chestnuts are good served with meat as a vegetable as they contain starch and some sugar. Mashed cooked chestnuts are used to stuff the turkey and as a dressing for game they are much prized.

Dressing for Game.—Boil the chestnuts in the liquor in which the game has been parboiled; this gives them a delicious flavor. Mash, drain and add a spoonful of minced ham, bread crumbs, a little of lemon juice and salt and pepper to taste. Mix well, add two tablespoonfuls of sweet fat, and the yolks of two eggs, well beaten. Fill the bird with the dressing well heated and let it stand a half-hour to season before roasting.

Nellie Maxwell

When Children are Sickly

are Constipated, Feverish, Cry out in their sleep, Take cold easily, Have Headaches, Stomach or Bowel trouble, Try

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

They are pleasant to take and a certain relief. They act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials from mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for use when needed. Ask today. The need of them often comes at inconvenient hours.

Used by Mothers for over thirty years. Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS. Sold by Druggists everywhere. Sample sent FREE. Address

MOTHER GRAY CO., LE ROY, N. Y.

As Age Advances the Liver Requires occasional slight stimulation.

CARTER'S LITTLE LIVER PILLS

correct

CONSTIPATION

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

Small Pill, Small Dose, Small Price But Great in its Good Work

Carter's Little Liver Pills. Genuine bears signature

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

Acid-Stomach Victims Sickly, Weak, Unfit, Depressed

Maybe you have an acid-stomach—and don't know it! There are millions of such people—weak, ailing, tired, worn out and "all up" before the day is half gone—listless and indifferent to their surroundings—often with aches and pains all over the body—weakly lacking in physical power and mental vigor—pale, emaciated—just dragging out a weary existence. Note out of every ten of these people are unconscious victims of acid-stomach.

Thousands upon thousands of people who are subject to attacks of indigestion and biliousness; who are nervous, melancholy, mentally depressed; who suffer from rheumatism, lumbago or sciatica—yes, even many of those who have catarrh, ulcer or cancer of the stomach if the trouble is traced to its source, it will often be found to be just acid-stomach. For these are only some of the ailments that are caused by what the doctors call superacidity, which is another name for sour or acid-stomach.

What you want to know above all else is how to quickly rid yourself of excess acid. A wonderful modern remedy called EATONIC literally wipes it out. It does the work easily, speedily and naturally. It makes the stomach pure, sweet, cool and comfortable. It helps you get full strength out of every mouthful of good you eat; and unless you DO get full strength from your food you cannot enjoy robust, vigorous health.

You want to LIVE. Your life depends on the strength you get from your food. There is no other way.

EATONIC is in pleasant-tasting tablet form—just like a bit of candy. We urge you—no matter what you have tried—take EATONIC just one week and find out for yourself how wonderfully improved you will feel. See how quickly EATONIC banishes the immediate effects of acid-stomach—bloat, heartburn, belching, food-repeating, sour, gassy stomach, indigestion, etc. See too, how quickly your general health improves—how much more easily it is digested—how soundly you sleep—how nervousness and irritability disappear. And all simply because by taking EATONIC you have rid your stomach of a lot of excess acid that has been holding you back and making your life miserable.

EATONIC is absolutely harmless. It can be taken by the most delicate. Tens of thousands of people who have used it are enthusiastic in its praise.

EATONIC is absolutely guaranteed, so get a big box from your druggist. If it does not help you your money will be refunded. If your druggist does not keep EATONIC, send your name and address to the Eaton Remedy Company, 1118 N. Wabash Ave., Chicago, Ill., and they will at once mail you a box and you can send them the money for it after you receive it.

THE QUICK WAY TO STOP A COUGH

When you have a severe, stubborn cough or cold, you need the best possible medicine you can get. Why not, therefore, get one which is guaranteed the most soothing and satisfactory remedy ever used, or get your money back? Druggists everywhere are authorized to refund money if SCHIFFMANN'S EXPECTORANT is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough or Hoarseness. When mixed at home with honey or sugar syrup, 50 cents worth makes 64 teaspoonful. Positively contains no chloroform, opium, morphine or any other narcotic, and is unlike any other cough medicine. It is so pleasant to take that children are fond of it. In case druggist should not have it order direct of R. J. Schiffmann, St. Paul, Minn.

Scenes of Prosperity

Are Common in Western Canada

The thousands of U. S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains.

Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or Alberta you can get a

HOMESTEAD OF 160 ACRES FREE

and other land at very low prices.

During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax.

Mixed Farming is as profitable an industry as grain raising. Good schools, churches, markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. S. Nethery, Room 82, International Bldg., Columbus, O. Canadian Government Agent

Strong Prejudices.

"The American people do not care for 'The Watch on the Rhine.'"

"I should say not."

"I don't believe they would even dance to it if it were syncopated."

—Birmingham Age-Herald.

Granulated Eyelids, Sties, Inflamed Eyes relieved over night by Roman Eye Balsam. One trial proves its merit. Adv.

A Realizing Sense.

"You made the old place produce this year."

"You bet I did," replied Farmer Corn-tassel. "There's millions of young fellows over in France with appetites just like my boy Josh's."

Dr. Frederick Priddy of Johns Hopkins university announces discovery of a specific for rheumatism.

When Your Eyes Need Care Try Murine Eye Remedy

No stinging—Just Eye Comfort, or write to Dr. Frederick Priddy, Johns Hopkins University, Baltimore, Md.

Cuticura Stops Itching and Saves the Hair

All druggists: Soap 25c, Ointment 25c & 50c. Talcum 25c. Sample each free of "Cuticura, Soap & Ointment."

BRAND NEW KELLER—100 live agents wanted now: hurry, get this, the profits, unlimited fields Eugene W. Howell, 225 Franklin St., Detroit, Mich.

EVERYBODY Suffering Piles, Fissures, Hemorrhoids, Ulceration, Constipation, Bleeding, Itching, Write Free Trial, Painless Pile Cure, & C. E. Tassie, Auburn, Ind.

Preserve Waterproofs Anything Clothes, shoes, umbrellas without changing color, shape or texture Waterproofs, brightens, preserves. Price 50c. Money back if it fails. Weekly 5c, 2115 Madison Ave., Berkeley, Cal.

Persistent Coughs are dangerous. Get prompt relief from Piso's. Stops itching, soothes, Effective and safe for young and old. No opiates in

PISO'S

W. N. U., CINCINNATI, NO. 47-1916